

# Sunshine Soup

**Makes:** 12 or 48 servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Potatoes, peeled, diced		2 cups		8 cups
Onions, chopped		1/2 cup		2 cups
Corn, frozen kernels		2 cups		8 cups
Chicken or vegetable stock		4 cups		16 cups
Milk, 1% (low-fat) or fat-free		1 cup		4 cups
Flour, all purpose		1/4 cup		1 cup
Margarine, trans fat free		1Tbsp		1/4 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>104</b>	
Total Fat	2 g	
Protein	5 g	
Carbohydrates	17 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	138 mg	

## Directions

1. Melt margarine in large soup pot.
2. Stir in onions. Cover and let cook over LOW heat for 10 minutes, stirring occasionally.
3. Add stock, corn and potatoes, and bring mixture to a low boil.
4. Lower heat, cover and let simmer for about 7 minutes.
5. In small bowl, whisk milk and flour. Pour into soup.
6. Bring mixture back to boil, reduce heat and let simmer for another 8 minutes.

## Notes

Soups can be a healthy comfort food. To make this meal more protein-packed, add chicken or beans.